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The relationship between posttraumatic growth and cognitive emotion regulation strategies in hemodialysis patients

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Abstract:

BACKGROUND AND AIM: Posttraumatic growth following traumas such as chronic illnesses can occur in some people. The psychological factors, such as cognitive emotion regulation (CER), can influence its formation. CER is a type of coping strategy that helps to efficiently deal with trauma. Due to the importance of the topic and the lack of sufficient studies on posttraumatic growth and CER in hemodialysis patients, this study aims to investigate the relationship between posttraumatic growth and CER in hemodialysis patients.

METHODS: This is a descriptive study performed on hemodialysis patients in Bou Ali and Velayat hospitals in Qazvin. One hundred and sixty-two patients were selected by the convenience sampling method, and Garnefski Cognitive Emotion Regulation Questionnaire (α =0.92) and Tedeschi Posttraumatic Growth Questionnaire (α =0.96) were used. Data were analyzed using Pearson correlation and ANOVA tests.

RESULTS: The results showed that the majority of the hemodialysis patients experienced some degree of posttraumatic growth. The participants achieved high scores in the domains of spiritual development and communication with others. Moreover, posttraumatic growth was positively and significantly correlated with CER (r = 0.67, P < 0.001).

CONCLUSIONS: Hemodialysis provides the basis for the positive mental reactions known as posttraumatic growth in hemodialysis patients. Nurses and other authorities can use this phenomenon to adapt to illness and care planning.

Keywords:

Cognitive emotion regulation, hemodialysis, posttraumatic growth

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Introduction

Cognitive emotion regulation (CER) is a type of cognitive coping strategy and characterized by processes through which individuals can control what emotions they have and when to express them. CER is the source of an individual's response to stressors and encompasses all internal and external processes that are responsible for controlling, evaluating, and moderating emotional responses.[1]

One of the stressors that can activate cognitive-emotional regulation for people is severe illnesses such as chronic kidney failure.[2] In recent years, chronic renal failure has been recognized as an important health problem.[3] More than a thousand people have died due to the disease, and in the United States alone, 300,000 suffer. According to statistics available in Iran, 1200–1600 people are added every year to patients with chronic renal failure.[4] Chronic kidney disease is said to be a kidney injury or a gradual decline in kidney function for 3 months or more.[5,6]

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